



# Families Bulletin

## Monday 18 May 2026 - Friday 22 May 2026

### HEADTEACHER'S MESSAGE

Dear Families

At this time of year, it is more important than ever to stay positive and mentally strong. And I mean that for staff, parents/carers and young people alike. The days may be longer, warmer and brighter at the moment but even at this time of year that comes with the challenge of exams, end of year assessments and coursework deadlines, on top of the usual pressures our young people feel throughout the year.

It was timely that our focus this week was on Mental Wellbeing for **Mental Health Awareness Week**. Mr Vallally-Godfrey delivered a fantastic assembly during which he guided students to try three support strategies that may help, which I have shared below:

### Immediate Support Techniques



#### Box Breathing

Inhale 4s, Hold 4s, Exhale 4s, Hold 4s. A quick way to reset your nervous system during school stress.



#### 5-4-3-2-1 Rule

A grounding method to use when feeling overwhelmed: Name 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste.



#### Digital Sunset

Turn off screens 1 hour before bed to allow your brain to prepare for restorative sleep, vital for mood regulation.

We also reminded students of the key contacts in school they can go to if something is worrying them. This includes their form tutor, their pastoral team including Deputy Community Leads, Community Leaders and Community Assistants as well as the Safeguarding team and any other adult they feel most comfortable speaking to.

Additionally we shared details of some dedicated external services for young people:

The support you give at home, combined with what we do at school not only helps our students to succeed, but more importantly improves their happiness and mental health. I know that by working together to help all young people make these small steps, they can focus on the bigger challenges at hand with confidence, a clear head and in the knowledge they are never alone.

Have a lovely weekend.

Jo Meloni  
Headteacher, BA (Hons), NPQEL

### Help is Always Here

In the UK, there are dedicated services specifically for your age group. You don't have to carry the weight alone.

**Shout:** Text 85258 for 24/7 help.

**Childline:** Call 0800 1111 anytime.

**NHS 111:** Select option 2 for mental health.

<https://intranet.mysackville.co.uk/student-support/safegua>

# Hot Chocolate With The Head

It was the turn of Turing Community to select a group of students to meet with me over a Hot Chocolate this week, alongside Joseph and Phoebe, two year 12 students from Attenborough.

The students enjoyed listening to each other and the reasons for their nomination. They have all been working so hard and had an impressive number of Community points between them. Between them they represented our school values of Resilience, Positivity, Ambition and Community.

Well done to Isabella (Y7), Henry and Shane (Y8), Stanley (Y9) and Ted (Y10).



## Key Dates

Tuesday 19 May 2026

Friday 22 May 2026

**Monday 25 May 2026 - Friday 29 May 2026**

Monday 01 June 2026

Tuesday 02 June 2026

Wednesday 03 June 2026

Thursday 04 June 2026

Tuesday 09 June 2026

Thursday 09 July 2026

Monday 13 July 2026

Wednesday 23 September 2026

Online Parent Carer Forum - 7.30pm - 8.30pm

Year 12 Digital Media and DT Trip to London

GCSE Sociology - Barbie Party

Last Day of Term

**HALF TERM**

Federation Dance Event at Chequer Mead

CEW Cologne Trip Information Evening - 6.00pm

CEW Geneva Trip Information Evening - 5.00pm

CEW Paris Trip Information Evening - 6.00pm

STEM Trip - The Big Bang Fair

Arts Fest

Year 8 HPV Vaccinations

Year 7 - 11 Flu Vaccinations

# Notice Board

## Families Focus Group

Sadly, we had to postpone this week's FFG meeting, however this has been rescheduled for **Wednesday 10 June at 4.00pm**. I would strongly encourage families to attend this event as we are keen to receive feedback around **one to one devices** which are considering launching with Year 12 in the next academic year and some big changes to **KS3 homework**.

We will email out further information closer to the time.

## Stationery Available

We understand that items can be misplaced or lost. We would like you to be aware that we have a selection of items for sale should you wish to purchase.



## The Great Year 7 Sunflower Challenge!



The Sackville Science Department is excited to announce a sunflower-growing competition exclusively for our Year 7 pupils. It's time for our young scientists to put their green thumbs to the test and see who can cultivate the most impressive bloom.

### How to Get Involved

- The Seeds: Between **Wednesday 20 May 2026 and Friday 22 May 2026** every Year 7 pupil will receive a letter during their science lesson. Attached to this letter, they will find three sunflower seeds to get them started.
- The Research: Before planting, we encourage pupils to research the best conditions for growth. What kind of soil do they need? How much water is too much? Where is the sunniest spot in the garden?
- The Entry: Please keep the letter safe! It contains specific instructions on how and when to submit the final entry.

We cannot wait to see the results of their hard work and witness Sackville turning a little bit greener this summer.

Happy growing!

# Safeguarding

## Celebrating Good Attendance

We're proud of students who commit to excellent attendance, and we regularly recognise their efforts. Whether it's certificates, rewards or praise in assemblies, we believe it's important to celebrate commitment and reliability.

We will always contact you if we are concerned about a child's attendance. If you are worried, please do not hesitate to contact your child's tutor, the Community team or Miss Harper in the attendance office.

### Safeguarding Leads:

Mr Millican - [amillican@sackvilleschool.org.uk](mailto:amillican@sackvilleschool.org.uk)

Mr Street - [pstreet@sackvilleschool.org.uk](mailto:pstreet@sackvilleschool.org.uk)

Mrs Steer - [asteer@sackvilleschool.org.uk](mailto:asteer@sackvilleschool.org.uk)

Mr Vallally-Godfrey - [avallallygodfrey@sackvilleschool.org.uk](mailto:avallallygodfrey@sackvilleschool.org.uk)

### Safeguarding Team:

Mr Endersby - [jendersby@sackvilleschool.org.uk](mailto:jendersby@sackvilleschool.org.uk)

Mrs Hunt - [shunt@sackvilleschool.org.uk](mailto:shunt@sackvilleschool.org.uk)

Ms Porter - [mporter@sackvilleschool.org.uk](mailto:mporter@sackvilleschool.org.uk)

Mr Cowlin - [pcowlin@sackvilleschool.org.uk](mailto:pcowlin@sackvilleschool.org.uk)

Mr Quigley - [pquigley@sackvilleschool.org.uk](mailto:pquigley@sackvilleschool.org.uk)

Mrs Harper - [aharper@sackvilleschool.org.uk](mailto:aharper@sackvilleschool.org.uk)

Mr Groves - [hgroves@sackvilleschool.org.uk](mailto:hgroves@sackvilleschool.org.uk)

Mrs Valentine - [hvalentine@sackvilleschool.org.uk](mailto:hvalentine@sackvilleschool.org.uk)

Talk to one of your Safeguarding team or email, [safeguarding@mysackville.co.uk](mailto:safeguarding@mysackville.co.uk)

**Safeguarding at Sackville**  
PRIORITISING SAFETY & WELLBEING

 Mr Millican Designated Safeguarding Lead Assistant Headteacher	 Mrs Steer Deputy Designated Safeguarding Lead Child Protection Officer	 Mr Street Deputy Designated Safeguarding Lead Deputy Headteacher	 Mr Vallally-Godfrey Online Safeguarding Lead Associate Assistant Headteacher
 Mr Cowlin Deputy Headteacher	 Mr Quigley Assistant Headteacher	 Ms Meloni Headteacher	 We are here if... ...you feel down or sad ...something is bothering you ...you are concerned about a friend Email us confidentially by scanning the QR code below:  If you need to talk to someone about an issue that is worrying you, you can speak to your form tutor, Community Team, or a member of your Safeguarding Team KEEPING OUR STUDENTS SAFE IS EVERYBODY'S RESPONSIBILITY
 Mrs Harper Attendance Officer	 Mr Enderby CTL PE	 Mrs Hunt Assistant Headteacher	
 Ms Porter Head of Sixth Form	 Mr Groves Deputy Head Sixth Form	 Mrs Valentine CTL, Health and Social	

## Together We Achieve

Please find the live link to our Together We Achieve Programme here - [Together We Achieve 2025-26](#)

## Book of the Week

### Book of the Week

This week, to coincide with the launch of our new 300 word story competition, our **Book of the Week** (details can be found on the noticeboard) is a book of short stories. **Secret Weapon** by Anthony Horowitz is a continuation of the hugely successful Alex Rider series, with seven fantastic and thrilling short stories in this single volume.

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## Extra-Curricular Opportunities

The link for next half terms extra-curricular sessions can be found here:

[Extra-Curricular Opportunities Summer Term](#)

The 'live' document shows our sessions, and new clubs may appear throughout the term. These will be communicated through this document and the Families Bulletin. Once in the document please scroll across to the year group relevant to your child.

Mr Ashley Vallally-Godfrey  
**Associate Assistant Headteacher**

## Sackville News

We also publish a half termly newsletter and the latest edition can be seen here: [Sackville Newsletter](#).

Next publication date: **Friday 22 May 2026**

## Current Vacancies

We have two support staff roles available at the moment. If you would be interested in any of the following or know anyone else who may be, please call Katie Dawson, Headteacher's PA for more information, or apply directly following these links:

- [Exam Invigilators](#) - Next Interviews in July due to exams

## Futures - Find It Out Thursday

### Find it Out Thursdays

This is a chance for students to explore different professions and learn from those that are in that industry and can give a first hand experience. Different industries are highlighted each week and students have the opportunity to attend one talk per half term. When these terms talks have been confirmed, students will be able to sign up using a Google form that will be sent out. Students can come along and start to investigate career paths open to you and discover the skills that you will be required to develop to join that industry.





# External Clubs, Sports, Services and Events

## Tennis Coaching

### Tennis coaching for all levels

- Tennis coaching for all ages from 10-18 years (Year 6-13)
- Every **Saturday @ Sackville School (term time only)**
- 6 week course - only **£10 per session!**
- **FIRST SESSION FREE!**



LTA Level 3 tennis coach and qualified PE Teacher



**Beginners**  
Years 6-7  
9:30-10:30am

**Intermediates**  
Years 8-9  
10:45-11:45am

**Advanced**  
Years 10-13  
12-1pm

**FIRST SESSION FREE!**

REGISTER NOW

[ajtenniscoaching@gmail.com](mailto:ajtenniscoaching@gmail.com)

## AJ Tennis - May Half Term Camps



### MAY HALF TERM TENNIS CAMPS!

— PLAY • IMPROVE • ENJOY

**WHEN:**  
26<sup>TH</sup> – 27<sup>TH</sup> MAY

**WHERE:**  
SACKVILLE SCHOOL

**TIME:**  
9:30AM – 3:00PM

**WHO:**  
YEARS 7-10

**COST:**

£ £40 PER DAY

£ £70 BOTH DAYS!

#### CAMP HIGHLIGHTS

- 🏆 FUN GAMES
- 🎾 MATCHES & PRIZES
- 📈 IMPROVE TECHNIQUE
- 🏆 LTA QUALIFIED COACHING

**BOOK NOW - LIMITED SPACES!**

CONTACT MR JONES

[ajtenniscoaching@gmail.com](mailto:ajtenniscoaching@gmail.com)

[www.ajtenniscamp.co.uk](http://www.ajtenniscamp.co.uk)

## Lingfield Circus

Sunday 21  
June 2026

### Lingfield Circus is coming to town!

🕒 Doors open: 12:30pm  
🎪 Show starts: 1:30pm  
Racecourse Road, Lingfield, RH7 6PQ  
Ticket price: £15  
Family price: £55

Join us for a spectacular family fun day. Happy Circus brings its unique, accessible non-animal show to Lingfield! Expect laughter, acrobatics and unforgettable entertainment for all ages.

Come along, enjoy the show & support St Piers and Dormansland Primary School

Funds raised through ticket sales go to St Piers and Dormansland Primary School



Scan me to book

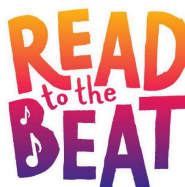


## East Grinstead Library

[westsussex.gov.uk](http://westsussex.gov.uk)



### Volunteers Needed!



We're looking for people aged 14+ to help deliver the Summer Reading Challenge in libraries from July – September.

- 🎵 Help families complete an online form to register for the Challenge.
- 🎵 Talk to children about books they're reading this summer.
- 🎵 Hand out rewards and encourage children to keep reading.



Find out more and apply online by 3<sup>rd</sup> July at [libraries.westsussex.gov.uk/src](http://libraries.westsussex.gov.uk/src)

## PQA Crawley - Summer School



**PQA CRAWLEY**  
SUMMER SCHOOL

**WEST END**  
*Week*

3RD - 7TH  
AUGUST 2026  
10AM - 4PM

At Whitridge school, RH11 8PQ  
PQA Students: £100 | Non Students: £105

**BOOK YOUR PLACE**

## Kids Rugby Camp



**KIDS RUGBY CAMP**  
26<sup>TH</sup> - 28<sup>TH</sup> MAY 2026  
9:30 - 15:30

Reception - year 3  
Age 5 - 8

Year 4 - Year 6  
Age 9 - 11

Both boys and girls welcome!

Hosted at  
**East Grinstead Rugby Club**

Ryland Dan

Run by

Scan for Tickets

£40 for a day, £105 for 3 days  
The Gearan Pavilion, Saint Hill Rd, East Grinstead RH19 4JU

## EG Meads FC Girls



**EG MEADS FC GIRLS U13**  
\*CURRENT YEAR 8

EAST GRINSTEAD MEADS FC GIRLS U13 ARE  
LOOKING TO INCREASE THE SQUAD IN ADVANCE OF NEXT  
SEASON MOVE TO 11V11. IF YOU'RE UP FOR A NEW CLUB  
PLEASE GET IN TOUCH.

LOOKING FOR A NEW CHALLENGE?  
**JOIN OUR TEAM!**

THURSDAYS | 7.00 PM | EG SPORTS CLUB

TRAINING THURSDAYS | MATCHES SUNDAYS  
FA QUALIFIED COACHES | FRIENDLY ATMOSPHERE | COMPETITIVE SPIRIT  
CONTACT: ROOP CARSON | 07572037153 | ROOP.EGMEADS@GMAIL.COM

Meads F.C.

## Ashurst Wood Junior - Football Club



**ASHURST WOOD JUNIOR**  
**Football Club**  
**UNDER 14S SATURDAY TEAM**

Recruiting players  
for the  
2026/27 season

Year 9 in September  
All Positions Considered

Guaranteed Match Time  
Friendly Players & Parents  
FA Qualified Coaches

Training: Thursdays  
Matches: Saturday Mornings

Contact: Rachel  
07794 548186  
rachel.dufeu@sky.com

## Helping Students Through Exam Season



Advice and links to the app website [here](#).

## FACE - Additional Support Courses

### Additional Support Courses for Parents

Three new courses offered by FACE, separate from the school membership.  
Full access to all three courses for £6.99/month  
Complete at your own pace, cancel anytime.



#### Building Emotional Resilience

Work through six stages of directed exercises to help your child (and yourself) improve emotional resilience.



#### Facing Defiance

A specific strategy aimed at supporting parents of children aged 5 to 12 with ADHD, ODD or just very challenging behaviour.



#### You & Your Teen

A skills building course for one parent and one teen (12 years old and above) to learn how they can both improve their communication with each other.

[www.facefamilyadvice.co.uk](http://www.facefamilyadvice.co.uk)

Online Courses for Parents page

[info@facefamilyadvice.co.uk](mailto:info@facefamilyadvice.co.uk)



## Moonlight Walk

**HOSPICE IN THE WEALD**

# Moonlight WALK

Scan me, sign up!

Three routes!

Walk with purpose, in celebration of those who matter most

**CANHAM HOMES**  
Proud sponsor

**Saturday 27th June 6pm**  
SEVENOAKS KNOWLE PARK

For further information, please visit [hospiceintheweald.org.uk](http://hospiceintheweald.org.uk) or email [fundraising@hospiceintheweald.org.uk](mailto:fundraising@hospiceintheweald.org.uk)

## Java and Jazz - Live Show

THE QUEEN OF CAMDEN CONCERT

# Amy Winehouse

By Cali Rivlin

Live show

Get tickets now



Featuring Amy's original guitarist Robin Banerjee, Live at Michael Hall theatre (Forest Row) with a 6-piece band!

**SATURDAY 18TH JULY 2026**

Cali Rivlin  
[www.calirivlin.com](http://www.calirivlin.com)

Tickets & info:  
[www.javaandjazz.com](http://www.javaandjazz.com)



## 300 - Word Story Competition



**300-WORD STORY COMPETITION**

Shortlisted stories will be added to a Sackville Anthology...

Write an epic story in exactly 100 words. Any genre, any theme - just make it amazing!

Deadline: Wednesday July 1<sup>st</sup> 2026

Submit your story in the LRC

Remember to include...  
Your name, form group and the title of your story

Community Competition

### 300 – Word Story

We are delighted to launch our new writing competition. We are looking for fantastic 300-word stories from across our student body.

The rules are as follows:

- Maximum of 300 words.
- Maximum of 3 entries per student.
- Submit to the library.
- Students need to include name, form group and title.
- Shortlisted stories will be used to create a Sackville Anthology booklet, which will be kept in the library.

## Elite Squad Trials



**ELITE SQUAD TRIALS 2026/2027 SEASON**

IS YOUR CHILD READY TO TAKE THEIR GAME TO THE NEXT LEVEL?

We're building our strongest Elite Squads yet... and we're now inviting committed players from U8s-U16s to trial.

THIS IS MORE THAN JUST TRAINING – IT'S A FULL DEVELOPMENT PATHWAY.

- HIGH-LEVEL COACHING ENVIRONMENT
- SHOWCASE GAMES & FIXTURES
- INTERNATIONAL TOURS & EXPERIENCES
- ELITE TRAINING CAMPS
- PROVEN PLAYER DEVELOPMENT PROGRAMME

Every current player re-trials. Every new player earns their place.

**IF YOUR CHILD IS SERIOUS ABOUT IMPROVING, THIS IS WHERE IT STARTS.**

**APPLY NOW TO SECURE YOUR TRIAL PLACE:**

**TRIALS BEGIN TUESDAY 26TH MAY**

Age Group	Time	Start Date
U8	09:15 - 11:00	School Year 3 From September
U9	09:15 - 11:00	School Year 4 From September
U10	09:15 - 11:00	School Year 5 From September
U11	11:15 - 12:45	School Year 6 From September
U12	11:15 - 12:45	School Year 7 From September
U13	13:30 - 15:00	School Year 8 From September
U14	13:30 - 15:00	School Year 9 From September
U15	15:30 - 17:00	School Year 10 From September
U16	15:30 - 17:00	School Year 11 From September

SUSSEX FA CULVER ROAD BN15 9AX LANCING

LIMITED SPACES AVAILABLE – DON'T MISS OUT!

## Sackville School Art Exhibition



**Sackville School Art Exhibition**

Private View  
4-6pm  
Friday  
26th June

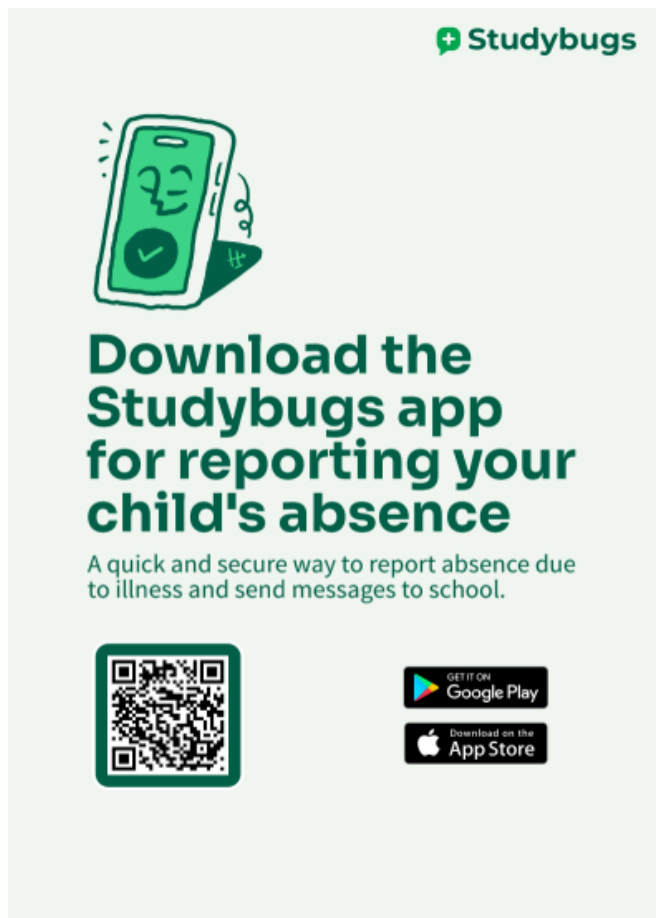
A Level  
Fine Art &  
Photography

D Block Gym  
Sackville School  
Lewes Road  
East Grinstead  
RH19 3TY


Bar and snacks available

Painting by  
Chloe Greenwood

## Studybugs






**Studybugs**



**Download the Studybugs app for reporting your child's absence**

A quick and secure way to report absence due to illness and send messages to school.



## U13 Fun Racket Sports



**EAST GRINSTEAD TENNIS, SQUASH & RACKETBALL CLUB**

**SATURDAY 16<sup>TH</sup> MAY**

**FUN RACKET SPORTS OPEN AFTERNOON!**

FOR FAMILIES • FOR ALL AGES • ALL WELCOME

**1:00PM - 4:30PM**

**TENNIS, PICKLEBALL & TABLE TENNIS**

**SQUASH, RACKETBALL & MORE**

**ON THE COURT**  
Try tennis, squash, racketball, pickleball and even table tennis!  
Meet our friendly club members for a hit at your level, test your skills against the ball machines, or get tips from our expert coaching team.  
Rackets and bats are provided – just bring your towel!

**THE SOCIAL SIDE**  
BBQ fired up from 1:00PM - 3:00PM  
Our fully stocked bar will be open all afternoon for cold drinks, ice lollies, tea and coffee.

**THE FINAL WHISTLE**  
Finishing up at 4:30PM?  
Stick around to watch the FA Cup Final on the big screen in the clubhouse!

**WHAT WE OFFER**  
Top-tier courts, a fantastic social scene, and a way to play racket sports all year round.  
*Come down and see why we love it here!*

**GET ACTIVE • HAVE FUN • EVERYONE WELCOME!**

WE'RE A FRIENDLY CLUB FOR THE WHOLE COMMUNITY

FIND OUT MORE <https://www.egtsc.org/>

## Elite Saturday Summer Football Training Programme

Join our Saturday football sessions at Oriel School 3G, running 02 May – 25 July (13 Saturdays) for U13–U15 boys and girls...11.00am - 1.00pm.

### \*STAY SHARP - IMPROVE FOUNDATION - LEVEL UP\*

Sessions led by \*OMG Football\* and supported by experienced UEFA and FA qualified coaches, including a specialist GK coach

### \*SAFEGUARDED ENVIRONMENT - ENHANCED DBS CHECKED STAFF\*

### \*GUEST APPEARANCES:\*

- Coaches from leading Premier League clubs confirmed
- Young pro players' visits confirmed.

Players will develop key technical and tactical skills including:

- Ball mastery, shooting, passing, dribbling and 1v1 attacking and 1v1 defending

- UEFA principles of the game
- Advanced attacking concepts
- Athletic development included – sessions also feature SAQ, strength and movement training delivered by GB kickboxer, schools sports specialist & PT Lisa Boardman.

Location: Oriel School 3G

Dates: 02 May - 25 July 2026 (13 Saturdays)

Times: 10.00am - 12.00pm (Boys and Girls)

- All players are welcome with a great attitude and desire to improve.
- Flexible pricing options:
- 5 flexible sessions – £125...you can pick any five dates over the Saturdays during the summer term.

Five sessions – £75

10 sessions – £150 (+ FREE 121 with Coach A. Worth £40)

13 sessions – £195 (+ FREE 121 with Coach A + FREE Small Group Session place. Worth £75 in total)

Train with top coaches, improve your game, and enjoy high-quality sessions on a full-size 3G pitch.

Limited places available – book early.

If you are keen for your child to attend, please request to join the Spond group below....

If you have any questions please email - [info@sseliteacademy.co.uk](mailto:info@sseliteacademy.co.uk) or WhatsApp message Simon on 07958 531605 for more info.